

FEST . . .

Continued from A-1

Gary Price, a Lions member for 14 years pointed out that it takes almost as much time to clean up the park afterward as it does to set up for the festival. "It's a two-day job," he explained. "We pick up every cigarette butt and candy wrapper."

The Labor Day Festival is the biggest event of the year in the Illinois Valley, but it's not the only thing the I.V. Lions do. All the hard work is done to provide scholarships, financial aid to groups and medical equipment for free to any I.V. resident in need.

Waltermeyer manages an inventory that includes everything from canes to hospital beds. The group also supports eye and hearing exams, eye glasses, hearing aids and even batteries for mobility devices.

The medical equipment service is available 365 days a year. The group is listed in the phone book as "Lions Club" at 541-592-4235, or people can contact Waltermeyer directly at: 541-659-1074.

The club gives scholarships to high-school students each spring and helps support the Boys and Girls Club, Little League and other teams. Every Easter, they hide over 3,000 eggs for children to find.

"The Lions Club is looking for community minded people who might want to join or are interested in helping us out with projects," Waltermeyer said. "We need more members."



First place children's talent show winner Kennedy (right) at Jubilee Park's stage.

DAN . . .

Continued from A-1

DeYoung noted that the latest public safety levy is controversial and says he'll support whatever the tax payers choose. "I'd like to see it passed, but I also see that a lot of people don't have the money to pay for it. The problem is that when the 'no' vote prevails, what about those who can afford to pay for more service? Well, there's nothing for them to purchase. There's no options for those who want to pay for that protection."

"Cave Junction needs resident deputies, because a 45 minute response time is ridiculous, but just 58 cents per \$1,000 on property taxes won't pay for that. That's why the conversation we need to have is: 'What level of service do people want?'"

DeYoung has been married to his wife Pam DeYoung, who is also from Grants Pass, for 47 years. The couple have two children and six grandchildren. He graduated from Grants Pass High School in 1967 and served in the U.S. Navy, where he learned his trade. "There is a lot of refrigeration and air conditioning on board those ships, and I was always fascinated by the physics of all that," he said. During his service career DeYoung also spent five months in Vietnam, before being honorably discharged in 1972. Once home, he worked nine years for another heating and air conditioning business, learning more about his trade, before starting his own business. DeYoung is also a member of Grants Pass Active Club, which puts on Boatnik each year.

"If I am worthy enough to be elected I am looking forward to working with the whole county, I was born and raised in the county, it's my home," he said.

ROGUE VALLEY



COUNCIL OF GOVERNMENTS

Food & Friends Menu

FRIDAY - SEPT. 9

CHICKEN POMODORO

MONDAY - SEPT. 12

PASTA PRIMAVERA

WEDNESDAY - SEPT. 14

CHICKEN STIR FRY OVER

RICE

If you need meals delivered please call 541-955-8839.

SENIOR SPOTLIGHT

Call the ADRC at 1-855-673-2372 for local resources

Memory Loss and Confusion

In the later stages of the disease, a person with Alzheimer's may not remember familiar people, places or things. Situations involving memory loss and confusion are extremely difficult for caregivers and families, and require much patience and understanding.

What to expect

In the earlier stages, memory loss and confusion may be mild. The person with dementia may be aware of — and frustrated by — the changes taking place, such

as difficulty recalling recent events, making decisions or processing what was said by others.

In the later stages, memory loss becomes far more severe. A person may not recognize family members, may forget relationships, call family members by other names, or become confused about the location of home or the passage of time. He or she may forget the purpose of common items, such as a pen or a fork. These changes are some of the most painful for caregivers and families.

Such types of behavior is sometimes incorrectly referred to as "senility" or "senile dementia," which reflects the formerly widespread but incorrect belief that serious mental decline is a normal part of aging.

Do you have questions or concerns about your loved one's changing behavior? The Alzheimer's Association is here to help.

Call our 24/7 Helpline at 800-272-3900, locate a support group in your community or visit our message boards at www.alz.org.

Sponsored by I.V. Wellness Resources

As a service to our neighbors, Illinois Valley Wellness Resources publishes weekly articles in Senior Spotlight.

We wanted to review how to get wellness services from your health care provider at little or no cost to you.

Medicare provides for a yearly wellness visit. This is not a physical examination. It is a way to assess your wellness needs and help you stay on track for a more healthy life. Having your home care provider attend these appointments with you could improve your care.

Medicare recipients can make a "Welcome to Medicare" appointment within the first 12 months of enrolling in Medicare Part B. Once a year thereafter a well-

ness visit is available to them. There is no co-pay for this service. Be sure to specify a wellness appointment.

If you would like a full preventive medical assessment which includes a full physical exam, Medicare does not cover this. You might have to pay the total cost yourself. If you have secondary insurance coverage, that insurance may cover all or part of it. You must check with your insurance provider. Not being able to have regular "check-ups" covered by Medicare lowers the standard of care delivered. Stay tuned next week for a new health care information article.

(You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com.)



Senior Bulletin

Gatekeeper Training at I.V. Family Coalition, 535 E. River St. Sept. 17 at 10 a.m. in the River Room.

CHAIR FITNESS classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction (behind the I.V. Family Coalition) Call 541-592-4888 or visit www.healthyucenter.org.

FREE for Seniors

If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.



Serving the Best Cheeseburger with an Attitude!

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TUESDAY THROUGH SATURDAY
NOON TO CLOSE

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WHAT'S THE DIFFERENCE BETWEEN THESE TWO HOMES?

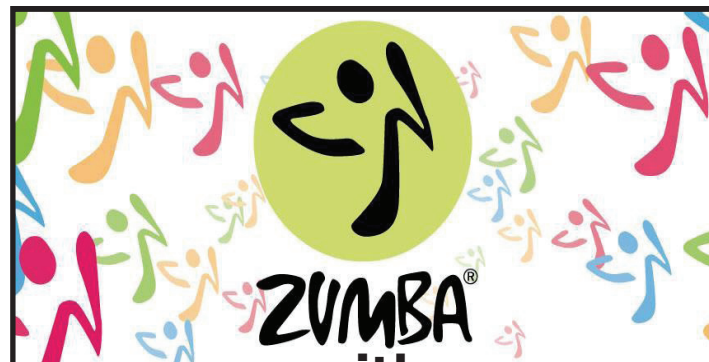
HINT: IT HAS TO DO WITH SAVING ENERGY AND MONEY.

Though two homes may look alike, energy-efficiency upgrades can make a big difference in terms of maximizing comfort and reducing energy use and cost.

Energy Trust of Oregon can help you find a trade ally contractor and provide cash incentives that help offset the cost of qualifying energy improvements. With upgrades to your water heater, appliances and lighting, you could save up to 20 percent on your home energy costs while not having to scale back on comfort.

Start getting more from your energy today. Visit www.energytrust.org/homes or call us at 1.866.368.7878.

Serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas.



with **Lisa Sherier**
Mondays & Wednesdays
\$5 DROP-IN
6:15-7:15 PM
at *Healthy U*
535 E River St.
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